



THE
H U M M I N G B I R D
P R O J E C T

Unlocking Emotional Wellbeing and Resilience

(A Level-2 accredited qualification)

What does it cover?

This training will upskill participants who wish to gain insight into mental health and wellbeing in the workplace or community group and who may come across these issues within their job role. It will enable the development of skills in identifying strengths and barriers, understanding impact of mental wellbeing, addressing issues as they arise and building confidence in developing solutions in collaboration with others to achieve goals. As a result, they will know how to support others effectively, share accountability and set realistic goals to be achieved by everyone involved.

Who is it suitable for?

This training is suitable for people who are responsible for employees, clients or members, ideally who have already completed the Level 1 'Understanding' training element.

What is the format?

The training is an accredited programme that is 2 days of 6-hour sessions (inclusive of breaks) for up to 15 participants per group.

Why choose this programme?

This is not a usual mental health Awareness presentation that is provided by other organisations. Each training programme is delivered by 2 facilitators that bring a unique combination of professional expertise and lived experience to the participants. The Hummingbird Project delivers interactive, strengths based, facilitated learning. We deliver the learning outcomes by supporting the group to identify their own barriers and difficulties and collaboratively gain insights and produce solutions that work for them as a group and as individuals.

Learning outcomes:

As a result of completing this programme, participants will achieve:

- Be able to identify when change indicates difficulties
- Increased confidence in being able to engage about emotional wellbeing
- Learning appropriate use of language vocabulary
- Identifying needs and support
- Learn to co-create solutions

- Identifying and building upon strengths
- Knowing what support is appropriate
- Expressing Appreciation, Reassurance, Encouragement and Understanding (ARE U) to inspire personal responsibility
- Building confidence in decision making and reasonable adjustments
- Evaluating and re-evaluating strengths and solutions

Cost:

This program costs £400 per participant and is normally delivered to groups of up to 15 participants.